

Workout Plan



Warmup

Jump Rope	10mins jog in place
Wall push ups	2x 15
Active warm up	Buttkickers, high knees, Frankenstiens (20 each)

Earth (Strength)

Modified push up	3x30+
ab curl w/ 10lbs	3x30+ (30 seconds break between sets)
Ab Leg Lift	2x30+
Dips w/ chair	3x30+

+ plus means do more reps till failure.

Wind (Cardio)

- High knees, jumping jacks, squat jumps
- 30sec fast, Jog at a brisk pace for 30sec - 10min Total
- 3 days in a week